Estrellita Manual

Cheat Sheet for How to Use the Estrellita Android App

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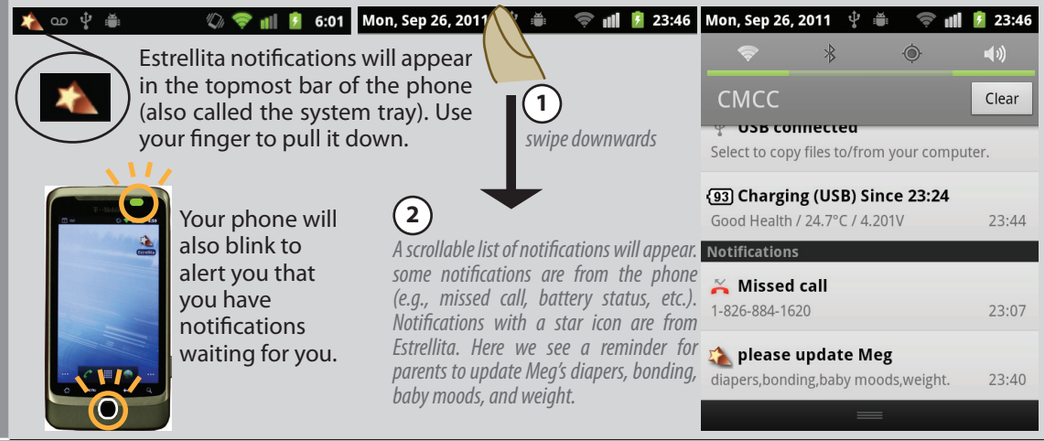
notifications
blinking LEDs, system tray


Estrellita notifications will appear in the topmost bar of the phone (also called the system tray). Use your finger to pull it down.
1
swipe downwards
Your phone will also blink to alert you that you have notifications waiting for you.
2
A scrollable list of notifications will appear. some notifications are from the phone (e.g., missed call, battery status, etc.). Notifications with a star icon are from Estrellita. Here we see a reminder for parents to update Meg's diapers, bonding, baby moods, and weight.
Mon, Sep 26, 2011
23:46
CMCC
Clear
USB connected
Select to copy files to/from your computer.
Charging (USB) Since 23:24
Good Health / 24.7°C / 4.201V
23:44
Notifications
Missed call
1-826-884-1620
23:07
please update Meg
diapers,bonding,baby moods,weight.
23:40

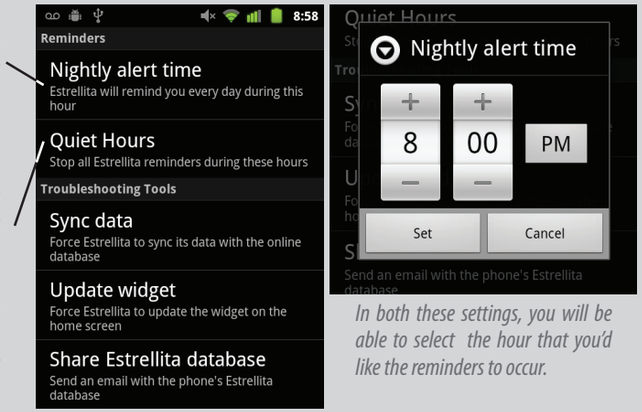
notification preferences
change what time reminders occur

To change when you receive your notifications:

1. *go to the main screen & press the menu button (second from left).*
2. *in the pop-up menu that appears, click "Settings".*

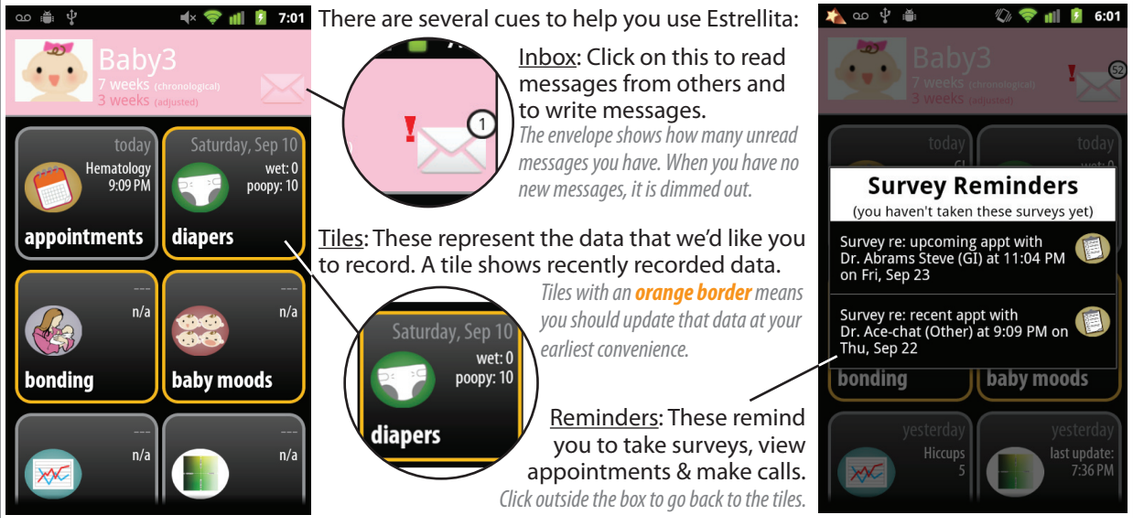
This setting is what time you'd like Estrellita to remind you to record data.

Sometimes Estrellita will continue to remind you about events. Use this setting to ensure that these reminders do not occur during your "quiet hours".



In both these settings, you will be able to select the hour that you'd like the reminders to occur.

main application screen
inbox, tile highlights, tile summaries, reminders


7:01
Baby3
7 weeks (chronological)
3 weeks (adjusted)
today
Hematology
9:09 PM
appointments
Saturday, Sep 10
wet: 0
poopy: 10
diapers
n/a
bonding
baby moods
There are several cues to help you use Estrellita:
Inbox: Click on this to read messages from others and to write messages.
The envelope shows how many unread messages you have. When you have no new messages, it is dimmed out.
Tiles: These represent the data that we'd like you to record. A tile shows recently recorded data.
Tiles with an orange border means you should update that data at your earliest convenience.
Reminders: These remind you to take surveys, view appointments & make calls.
Click outside the box to go back to the tiles.
6:01
Survey Reminders
(you haven't taken these surveys yet)
Survey re: upcoming appt with Dr. Abrams Steve (GI) at 11:04 PM on Fri, Sep 23
Survey re: recent appt with Dr. Ace-chat (Other) at 9:09 PM on Thu, Sep 22
yesterday
Hiccups
5
last update:
7:36 PM

inbox
reading & writing messages

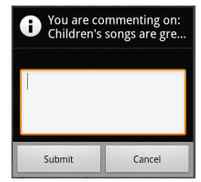
7:42
Inbox
for Baby3
add a new message
Virtual Coach says baby3 should be having more than 6 wet diapers a day. Call the pediatrician if baby3 continues to have less than 6 wet diapers/day.
09/22/11 07:11 PM

The envelope icon leads to your **Inbox**, where you can:

A. Write messages to yourself or ask EDAC a question
Click on the "add a new message" button to create a new message or question.

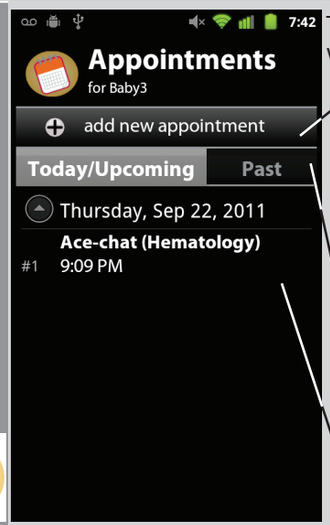
B. Read helpful tips given by Estrellita's Virtual Coach
Every so often Estrellita will send you tips that can be helpful for you and your baby.

C. Post a reply to a message
When you click on a message, you will see a pop-up window which will allow you to type in a comment and response to previous messages.



The inbox is a way for you to document your journey as a parent and can also act as a journal where record your thoughts & memories about you and your baby. You can also use the inbox to communicate with the EDAC case managers, who will periodically check your wall for questions and/or concerns.

appointments
add & view appointments



The calendar icon leads to your **Appointments**, where you can:

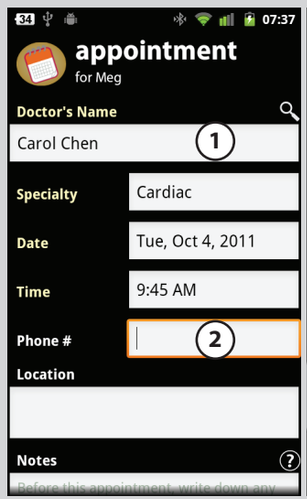
A. Add a new appointment

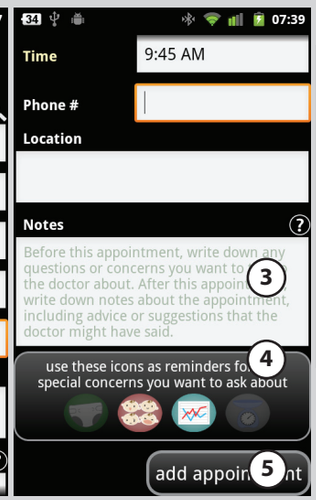
1 & 2. *Each appointment requires a doctor's name, a specialty, and a date/time. You can type this in using the phone's keyboard, or you can click on the magnifying glass to search through your address book.*

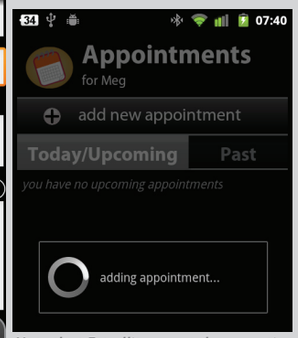
3 & 4. *You can also add notes to appointments and indicate if you have special concerns about any of the data that you have previously recorded.*

5. *After filling in all the relevant fields, click the "add appointment" button to save the information.*

B. View upcoming or past appointments
Estrellita organizes your appointments into two sets. Click on the "Past" tab to view appointments that occurred before today. Click the "Today/Upcoming" tab to view appointments that occur today or sometime in the future.



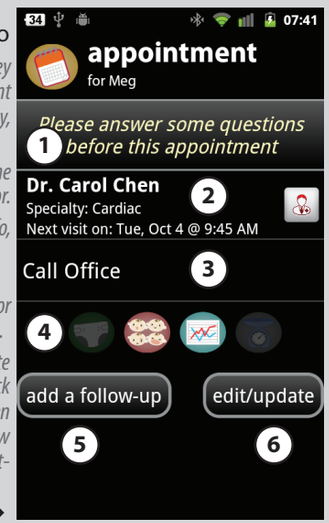

07:39
Time
9:45 AM
Phone #
Location
Notes
Before this appointment, write down any questions or concerns you want to ask the doctor about. After this appointment, write down notes about the appointment, including advice or suggestions that the doctor might have said.
3
use these icons as reminders for special concerns you want to ask about
4
add appointment
5



Note that Estrellita may take some time when saving appointments. Please be patient during this saving process and wait for the dialog to finish on its own.

C. View appointment info

1. *A reminder to take a survey relating to this appointment If you have already taken this survey, then you will not see this message.*
2. *Clicking here shows you all the appts with this doctor.*
3. *If you included additional info, like a phone # or an address, then these be listed & be clickable.*
4. *If you included any notes or concerns, they'll appear here.*
5 & 6. *To create a duplicate appt, you can click "add a follow-up". You can then update the date/time of the new appt. You can also edit the appointment (e.g., to add more notes).*



graphs
add data, view past data

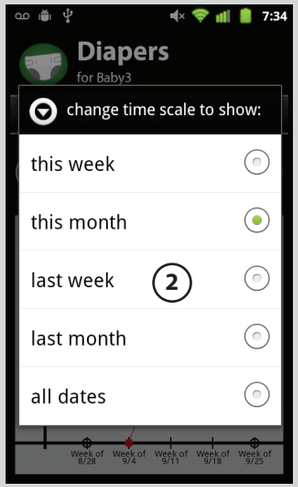
Estrellita provides graphs to view previously recorded diapers, moods, & weight. Each graph operates in a similar fashion, where you can:

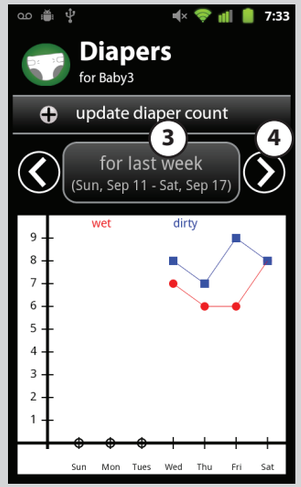
A Add data to the graph

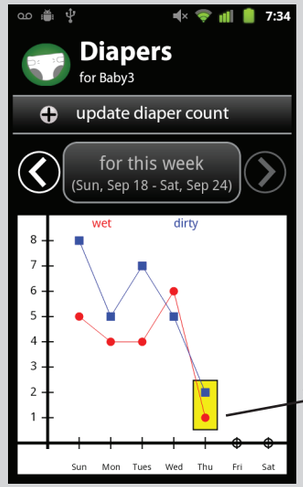
Each graph has a button above it which allows you to update the graph with new data.

B Change the time scale

1. *This shows the time range of the data in the graph. Click on the label to change the time range.*
2. *There are standard time ranges supported by all graphs, such as looking at the previous week or month.*
3. *Select a new time range tp update the graph.*
4. *The left and right arrows can also change the time scale. This will increment (or decrement) the graph's time range and update the graph's display.*



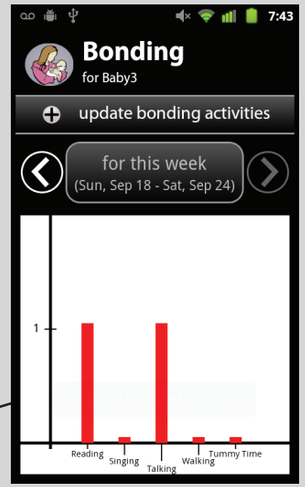




Examine data C

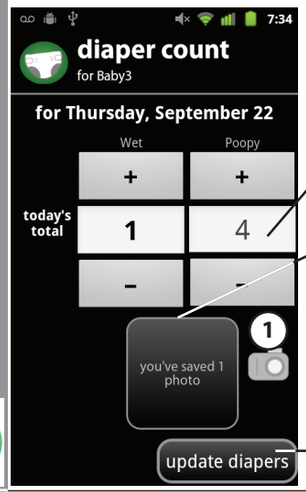
Click on the graph, close to the data point that you'd like to examine. You'll see a pop-up window showing all of the data points that are closest to where you clicked. When you select the data that you're interested in, the pop-up will close and the data point will be highlighted.

By interacting with the graph in this way, you can also examine notes & photos that you've previously recorded.



Note that bonding uses a bar graph, which is not clickable.

diapers
update count, add photos



To review and input your baby's **Diaper Count**, click the diaper tile on the main screen. When you click the "update diaper count" button above the graph, you'll see a counter and a photo box.

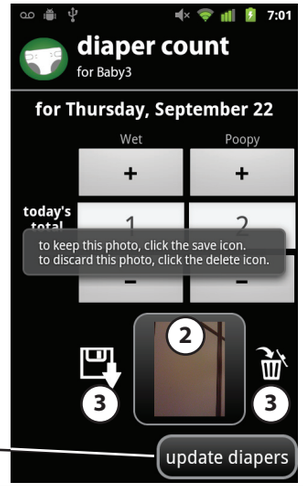
A Input the current diaper count (**REQUIRED**)

Use the + and - buttons to increase and decrease the diaper count. The diaper count is for each day (12:00am-11:59pm).

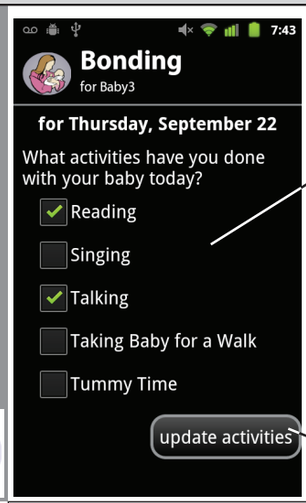
B Add photos of diapers (optional)

1. *To take a photo, click the camera icon. Read the Weight section to learn how the phone's camera works.*
2. *The photo taken with the camera will show up here. Click on it to see a larger preview of the photo.*
3. *If you want to save this photo, click the disk icon. If you don't want to keep the photo, click the trash can icon.*

C Click "update diapers" to save (**REQUIRED**)



bonding
update activities, tie-in to widget



To review and input your **Bonding** activities, click the bonding tile on the main screen. When you click the "update bonding" button above the graph, you'll see a list of checkboxes.

A Check off completed activities (**REQUIRED**)

Check the activities that you completed for that day. This list will reset starting at 12:00am each day.

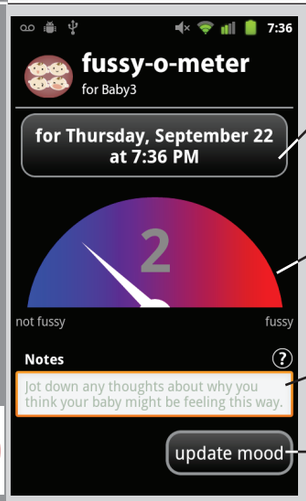
Widget shows completed activities C

The widget on your phone's home screen shows, at a glance, the activities you've completed that day by highlighting the relevant icons. Uncompleted activities are grayed out. All icons will reset (turn gray) at 12:00am each day. Note that you can launch the bonding tile by clicking any of these icons.

B Click "update activities" to save (**REQUIRED**)

Estrellita
Baby3
Next Appt: in 1 hr
baby3 should be having more than 6 wet diapers a day. Call the pediatrician if baby3 continues to have less than 6 wet diapers/day.
0 Replies

baby moods
update fussyness, change timestamp



To input your **Baby's Moods**, you'll use Estrellita's fussy-o-meter.

A Change the timestamp, if needed (optional)

By default, the reported fussyness is linked to the current time. If you want to report a fussyness for an earlier time, then click the time label to change the timestamp. Note that the fussy-o-meter only allows reports for the current day.

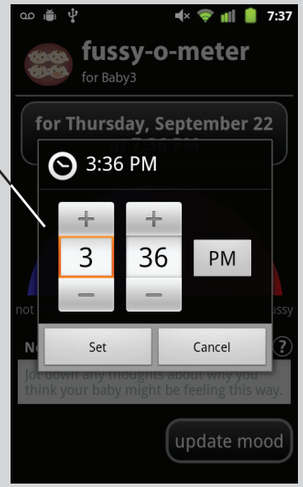
B Input your baby's fussyness (**REQUIRED**)

The fussy-o-meter measures fussyness on a scale of 0 to 10, where 0 is not at all fussy. Use your finger to move the needle to a position on the dial that reflects your baby's fussyness.

C Add a note (optional)

Click here to jot down notes about this instance of fussyness.

D Click "update mood" to save (**REQUIRED**)



my moods
update mood, add notes to mood

To input your **Moods**, you'll use Estrellita's mood map. The mood map is a two-dimensional graph with one dimension measuring energy (low to high), and the other dimension describing whether you're feeling negative or positive. Note that you should record your *current* mood.

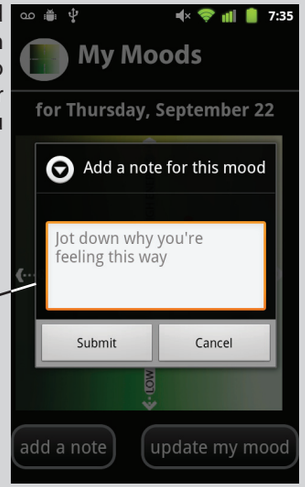
A Input your current mood (**REQUIRED**)

Click the graph at a place that best describes how you're feeling now. When you touch the graph, a red dot appears.

B Add a note (optional)

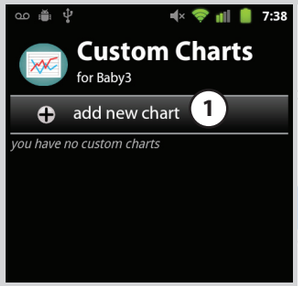
Click the "add a note" button to jot down notes about this mood report.

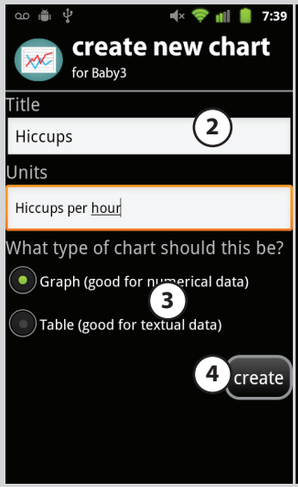
C Click "update my mood" to save (**REQUIRED**)

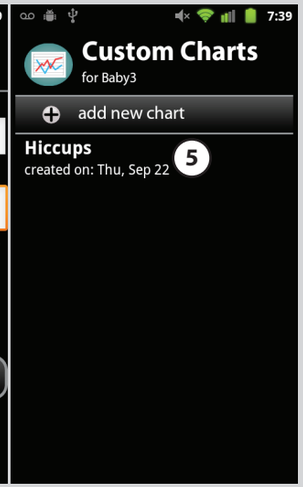


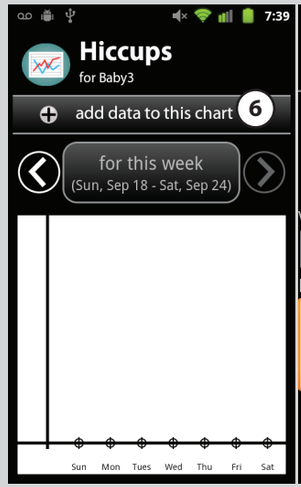
custom charts
create new chart, add values to chart

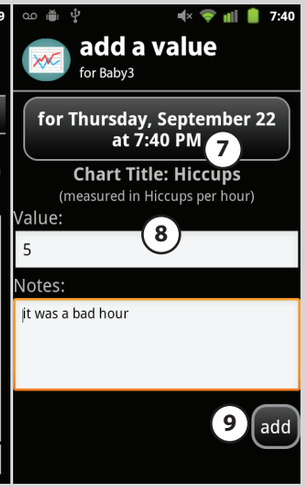
If you'd like to track additional data, you can use Estrellita's **Custom Charts**. To create a new chart and add values to it, follow these 9 steps. If you're adding values to a chart you've already created, skip to step 5.



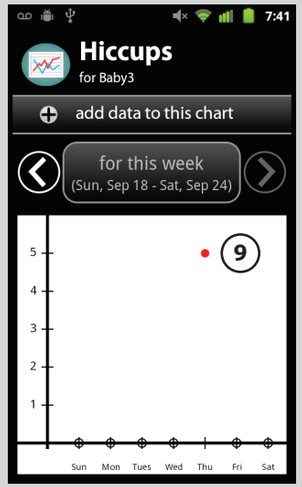




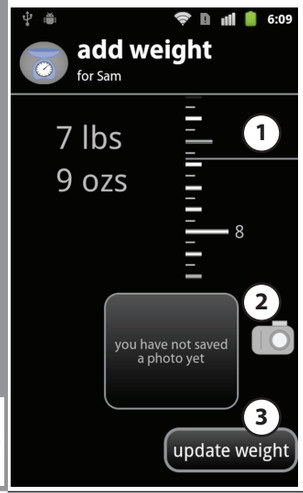




1. *Click the "add new chart" to create a new chart.*
2. *Provide a title (required) and describe the units for the data you're tracking (optional).*
3. *Select the type of chart you'd like (required). It can be a table (good for text data), or a graph (good for numeric data).*
4. *To save this new chart, you must click the "create" button. This will update the chart list and include your new chart.*
5. *Click the chart that you'd like to update.*
6. *Click the "add data to this chart" button to add a new value.*
7. *By default, the data is linked to the current time. If you want to record data for an earlier time, then click the time label to change the timestamp (optional). Note that you can only record data for the current day.*
8. *Input a value for this chart (required). If you're adding a value to a graph, then this must be numeric. Otherwise, it can be a text value. You can also add notes for this data (optional).*
9. *To save the new data, click the "add" button. This will also update the graph.*



weight
report scale values, add a photo



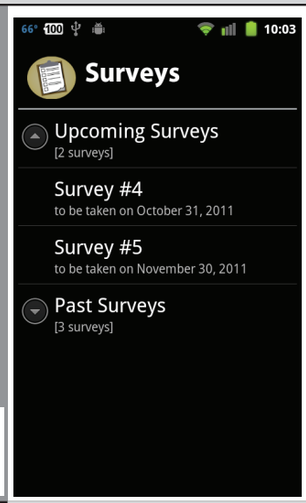
To review and input your baby's **Weight**, click the weight tile with the scale icon on the main screen. When you click the "update weight" button, you'll see a scrollable scale and a photo box.

1. *Use your finger to scroll until the right weight is shown on the left. This value should match what the baby scale says.*
2. *Click the camera button to launch the phone's camera. You're required to take a photo of your baby on the scale.*
3. *To save the weight information, you must click the "update weight" button.*

Note that you can only record weight once a week.

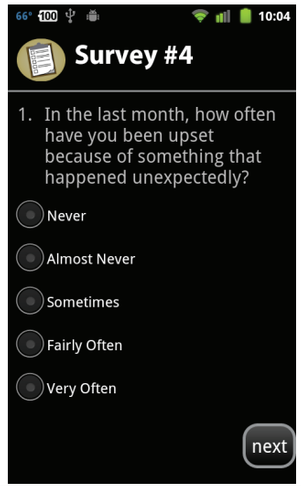
To take a photo, click the shutter button in the lower right-hand corner. The camera will then show you a preview of the photo you just took. If you want to keep the photo, click the "OK" button.

surveys
check survey list, taking a survey



The clipboard icon leads to your **Surveys**. When you click on the survey tile, you'll be shown a list of completed surveys (e.g., past surveys), as well as surveys you have not yet completed (e.g., upcoming surveys). Surveys are to be taken once a month, and cannot be taken sooner than the date indicates. You have up to 1 week after the indicated date to take each survey. In this case, you'd have until Nov 7th to take Survey #4.

Each survey is a series of multiple choice questions. You will be required to provide an answer for each question. Be sure to click the "Finish" button at the end of the survey in order to save and record your responses. Surveys typically take ~15 minutes or less to complete.



widget
hotspots, badges, status updates

Estrellita has a widget on the phone's home screen. The color of the widget is linked to the baby's gender. There are 4 parts to the widget:

Estrellita
Baby3
Next Appt: in 1 hr
baby3 should be having more than 6 wet diapers a day. Call the pediatrician if baby3 continues to have less than 6 wet diapers/day.
0 Replies

Note: You can also click on the Estrellita logo to go directly to the main application screen, with all the individual data tiles.

A Hotspots
Click on these icons will link to your inbox, diapers, baby moods, and your moods, respectively. The envelope will also show how many unread messages you have, if any.

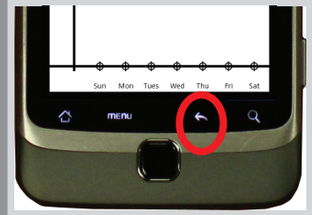
Click on anywhere there's no text or icons and you'll be taken directly to the main screen.

B Next appointment
This shows when your next appointment will occur. Click here to go directly to your appointments list.

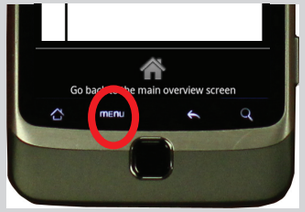
C Status updates
This is the latest message in your inbox. The number of comments to this message appears below (in this case, there are 0 replies/comments). Click here to go directly to your inbox.

D Bonding activity badges
These icons reflect which bonding activities you've completed for the current day. Uncompleted activities appear grayed out. Click on any of these icons to launch the bonding tile.

navigational controls
go back to a screen, jump to main screen



When you're using Estrellita and want to go back to the previous screen, press the back arrow button on the phone (see photo above). This button is one of the four physical buttons on the phone.



If you want to jump back to the main application screen, then you can press the menu button and you will see a pop-up menu appear at the bottom screen. Click on the home icon and you will be taken to the main screen.

If you encounter any problems running Estrellita, please refer to the back page for simple troubleshooting steps.

troubleshooting application errors, sending emails

Sorry!
The application Estrellita (process edu.uci.ics.star.estrellita) has stopped unexpectedly. Please try again.
Force close

There are 2 kinds of errors that you might encounter while using any Android application: an unresponsive error (left) or a forced stopped error (right). If these occur when you're using Estrellita, then please follow these steps:

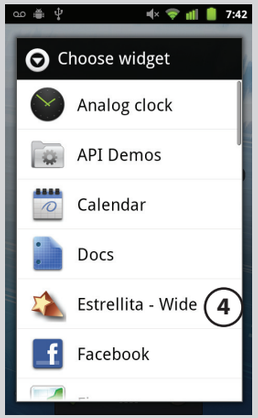
troubleshooting adding widget to home screen

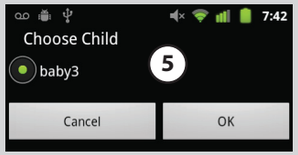
If you mistakenly delete or remove the Estrellita widget from your home screen, then follow these steps to add the widget back:

1 2 3 *Go to the phone's home screen by pressing the home button (leftmost button on the phone). From here, press the menu button (second from the left). Then, click the "Add" button.*

4 *In the menu that appears, select the option that says "Estrellita - Wide".*

5 *You'll then be prompted to select which baby the widget should be associated with.*





6 *Clicking "OK" should automatically place the widget on the home screen.*
*Please make sure you have enough room on the home screen **prior** to adding the widget; otherwise, you may run into problems.*

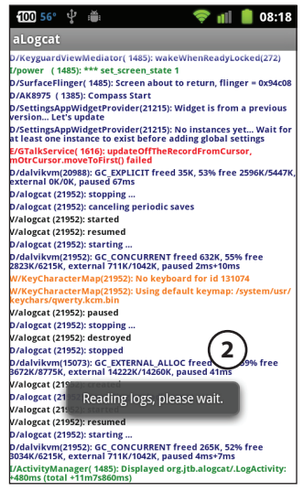
7:43
Estrellita
Baby3
Next Appt: in 1 hr
baby3 should be having more than 6 wet diapers a day. Call the pediatrician if baby3 continues to have less than 6 wet diapers/day.
0 Replies
6

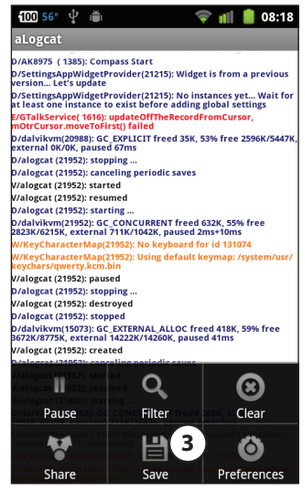
Step 1: Launch aLogcat application

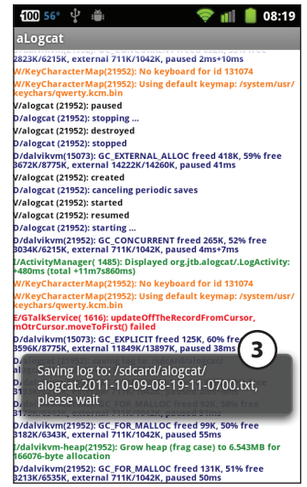
1 *Go to the phone's home screen and click the application launcher button (the middle button, at the bottom of the screen).*
In the application list, look for the aLogcat application (see icon below) and select it.

2 *When aLogcat launches, you will see a white screen with colored text.*

3 *When the application is ready, click the "Save" button. You will see a brief confirmation message that a file has been saved.*

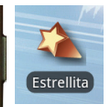






Step 2: Send emails to the study coordinators

4 *Go back to the phone's home screen by pressing the home button (leftmost button on the phone). From here, launch Estrellita (either via the Estrellita star logo or the widget).*

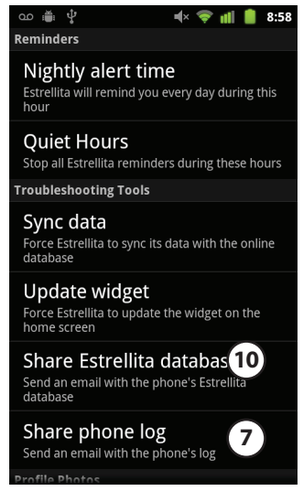


5 6 *In Estrellita, press the menu button (on the phone, second button from the left),. Then click on "Settings".*

7 8 *Select the "Share phone log" option. In the pop-up window that appears, select "Gmail" as the email application. This will start up the Google email application with most of the fields pre-populated.*

9 *In the email, please type in a description of what you were doing before the error occurred. This will help us better determine what was happening when you were using Estrellita.*

10 *Once you've sent this email, please repeat Steps 4-6 and this time, select the "Share Estrellita database" option. Choose "Gmail" as the email application and again type in a description of what you were doing before you encountered the error.*


8:58
Reminders
Nightly alert time
Estrellita will remind you every day during this hour
Quiet Hours
Stop all Estrellita reminders during these hours
Troubleshooting Tools
Sync data
Force Estrellita to sync its data with the online database
Update widget
Force Estrellita to update the widget on the home screen
Share Estrellita databas
10
Send an email with the phone's Estrellita database
Share phone log
Send an email with the phone's log
7